

**Health and Wellness Committee
Commission on Aging
October 03, 2023
ZOOM
10:30AM-Noon**

MEETING NOTES

Attending: Virginia Cain, David Engel, Kendell Matthews, Laurie Pross, Marcia Pruzan, Rev Vikram, Betsy Carrier. HHS Staff: Tina Purser Langley Guest: Mona Ngem, American Muslim Senior Society

APPROVAL OF PRIOR MEETING MINUTES: the group approved meeting minutes from July 10th and September 5, 2023.

General Updates:

- Tina reported that 1300 of the Life Transitions documents are now completed with inserts and business cards. Another round of group stuffing of the folders will be on October 13, 9 AM, Hungerford Office Building. We will distribute the packages at the Summit on Aging and we will upload the files to the CoA website. **ACTION ITEM:** Tina

Presentation:

- Mona Negm, American Muslim Senior Society discussed that the AMSS works through and with partners like Montgomery County HHS. They work with communities of color with health disparities. Recently they held a series of community discussions to find out about immediate and long term concerns about Mental Health. AMSS had their first summit in 2021 and then in December of 2022, held their Mental Health Summit (https://www.amssmd.org/files/ugd/6d4bcd_5be8cb44b10240b49e3a0f075000fca7.pdf). In September 2023, they held a Call to Action roundtable discussion to develop and rank priorities for an Action Plan and Implementation Strategies for moving forward.
- AMSS is a program that is run under the American Asian Health Initiative (AAHI). There was a discussion about the summary of the September Summit. At the Summit Dr. Santiago presented materials developed to inform the public about knowing when to call 988, 311, 4000# **ACTION ITEM:** follow up--Melodie.Monroe@montgomerycountymd.gov about available information resources for the public.

Due to an emergency, Mona was unable to complete her report on recommendations from the September AMSS roundtable. **ACTION ITEM:** Tina and Mona will work to inform the committee about these recommendations as soon as possible.

Committee discussions:

How to move forward and next steps

- 1) Advocacy
- 2) Project for monthly meetings

- a. Hear from other boards and commissions working on these topics. (**ACTION ITEMS:** Virginia to look into BCC websites; Marcia to request information and/or speaker from National Institute on Aging)
 - b. SAMSA
 - c. Focus on 70% not receiving care
 - d. Need to consider how medication, dementia, domestic violence, social isolation, food insecurity, homelessness all factor into mental health outreach and determine how they are reported in the data
- 3) Consider a mental health event (2024 CoA Summit ?)
 - 4) Hear from the Villages, include LGBTQ+ speakers
 - 5) Determine what illnesses should be the focus

Rev suggested that we need to “pull the threads together to make a fabric”.

The meeting adjourned.

Next Meeting November 7, 2023 at 9:30 AM VIA ZOOM.